

Coming Soon... Onsite Coaching Events



October

Meet Your Coach: Capitol Square Healthcare Flu Shot Clinics

Tuesday October 22, 10am-2pm Monroe Building, Conference room D & E

Wednesday October 23, 9am-12pm VDOT Building

Healthier Snacks: Is it a Trick or a Treat?

Learn healthy snack options and sweet alternatives

Thursday October 31, 11:30am-1:30pm Monroe Building

November

Glycemic Index

Learn healthy food swaps and about the basics of prediabetes and how to lower your risk for prediabetes and diabetes.

Thursday November 7, 12:30pm-2:30pm Monroe Building

Great American Smoke Out

Learn strategies to quit smoking and identify tips for coping with stress smoke-free to help you stay on track with your tobacco free goals

Thursday November 21, 11:30am-1:30pm Monroe Building

December

Gratitude Challenge

Join the 30 day challenge and learn the benefits of a daily gratitude practice to help reduce stress and increase resilience

Tuesday December 10, 10am-1pm Monroe Building

Lunch and Learn: Introduction to Mindfulness

Take away a working definition of mindfulness and learn work tips to use throughout the day for increased resilience and stress coping. Registration required: email or call Coach Lou to register for this session.

Thursday December 12, 12:15pm-12:55pm Capitol Square Healthcare Clinic



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Offices located at Capitol Square HealthCare



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